

Associated with Comprehensive Sickle Cell & Hemoglobinopathy Centers

Children's Hospital and Medical Center
Odessa Brown Children's Clinic
2101 E. Yesler Way
Seattle, WA 98122
Message: (206) 987-7290
Appointment: (206) 987-7232

Columbia Health Center
4400 - 37th South
Seattle, WA 98118
Phone: (206) 296-4650

Mary Bridge Children's Hospital & Health Center
P.O. Box 5299
Tacoma, WA 98415-0299
Phone: (253) 403-3476

Prenatal Genetics Clinics
(For pregnant women only)

Evergreen Hospital
Maternal-Fetal Medicine
12040 NE 128th Street
Kirkland, WA 98034
Phone: (425) 899-2200

Perinatal Medicine
Swedish Medical Center
747 Broadway
Seattle, WA 98122-4307
Phone: (206) 386-2101

Prenatal Genetics and Fetal Therapy
University of Washington
Box 356159
Seattle, WA 98195
Phone: (206) 598-8130

Obstetrix Medical Group of Washington, Inc. P.S.
314 Martin Luther King Jr. Way, Suite 402
Tacoma, WA 98405
Phone: (253) 552-1037

Obstetrix Eastside Maternal Fetal Medicine
1135 116th Ave. NE, Ste. 320
Bellevue, WA 98004

General Genetics Clinics

Group Health Cooperative
Group Health University Center
4225 Roosevelt Way NE
Seattle, WA 98105
Phone: (206) 634-4036
Services limited to Group Health members

University of Washington Medical Center
Medical Genetics, Box 357720
1959 NE Pacific Street
Seattle, WA 98195-7720
Phone: (206) 616-2135

Inland Northwest Genetics Clinic
2607 Southeast Blvd #A100
Spokane, WA 99223
Phone: (509) 535-2278

Madigan Army Medical Center
Developmental Pediatrics
Tacoma, WA 98431-5000
Phone: (253) 968-2310
Services limited to Armed Services personnel and their dependents

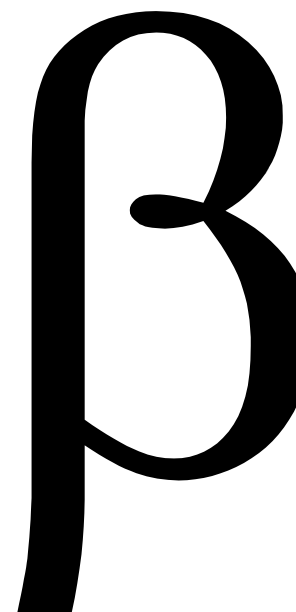
Children's Hospital and Regional Medical Center
P.O. Box 5371, 4H-4
4800 Sand Point Way NE
Seattle, WA 98105
Phone: (206) 987-2665

University of Washington Biochemical Genetics
Box 356320
Seattle, WA 98195-6320
Phone: (206) 616-1840
Fax: (206) 543-3379

Blue Mountain Genetic Counseling
St. Mary Medical Center
P.O. Box 1477
Walla Walla, WA 99362
Phone: (509) 525-1302

Central Washington Genetics Program
Yakima Valley Memorial Hospital
2811 Tieton Drive
Yakima, WA 98902
Phone: (509) 575-8160
&
Genetics Program
Central Washington Hospital
1201 South Miller
Wenatchee, WA 98801
Phone: (509) 667-3350

Beta Thalassemia



Information for parents
about beta thalassemia

What is hemoglobin?

Hemoglobin is the part of blood that carries oxygen to all parts of the body. The usual type of hemoglobin is called hemoglobin A. Genes that we inherit from our parents determine what type of and how much hemoglobin we have.

What is beta thalassemia?

Hemoglobin is made up of different parts, including beta globin. Beta globin is produced by two genes and when one or both of these genes are not working properly the body makes less hemoglobin. This is called beta thalassemia and occurs in more than one form. One type of beta thalassemia cannot turn into another. Your child will have that type for his or her entire life.

What is beta thalassemia major?

With this type of beta thalassemia, the genes produce very little beta globin, so the effect on the body is large, or major. This can be a very serious disease that will require regular blood transfusions and other medical treatments.

What is beta thalassemia minor?

With this type of beta thalassemia, the genes produce a larger amount of beta globin (still not enough) and the effect is minor. Although beta thalassemia minor does not cause any health problems, you and your baby's doctor should know that it can cause a mild anemia (low number of red blood cells).

How does this affect the rest of our family?

Beta thalassemia is inherited, so you and other family members could also have beta thalassemia and may want to be tested. It is also important to know about your child's beta thalassemia status because future children in your family may be at risk for the same or a different type of beta thalassemia as this child. To have testing done, talk to your health care provider or one of the genetic counselors listed on the back of this pamphlet.

What happens when beta thalassemia is inherited with other abnormal hemoglobins (like Sickle Cell)?

When a person inherits one gene for beta thalassemia from one parent and one gene for sickle hemoglobin (hemoglobin S) from the other parent it is called sickle-beta thalassemia. Sickle-beta thalassemia is similar to sickle cell disease and can cause serious health problems like painful episodes, fatigue, an enlarged spleen, and a higher risk for certain infections. E-beta thalassemia occurs when a person inherits one gene for beta thalassemia from one parent and one gene for hemoglobin E from the other parent. This is also a very serious disorder and will cause severe to moderate anemia. People with sickle-beta thalassemia and E-beta thalassemia should receive regular medical care.

What do I do now?

We recommend that you and your partner have testing done to determine your hemoglobin status. This would provide you with information on your chances of having a future child with beta thalassemia major, sickle-beta thalassemia, or E-beta thalassemia. To have this testing done, talk to your health care provider or one of the genetic counselors listed on the back of this pamphlet. You may also want to share this information with the rest of your family. They may be interested in finding out their hemoglobin status as well.

What can I do if I have more questions?

If you have more questions, you can talk to your child's health care provider or you can contact the Newborn Screening Program using the information below.

Newborn Screening Program
1610 NE 150th Street
Shoreline, WA 98155
Phone: (206) 418-5534
or toll-free 1-866-660-9050
Email: NBS.Prog@doh.wa.gov
Internet: www.doh.wa.gov/nbs

